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THE ALEHOUSE SERMON.

See Page 10.

THE *VILLAGER's* FRIEND AND PHYSICIAN;

OR,

A FAMILIAR ADDRESS

ON THE

PRESERVATION OF HEALTH,

AND THE

REMOVAL OF DISEASE, ON ITS FIRST APPEARANCE;

Supposed to be delivered by a Village Apothecary:

WITH CURSORY OBSERVATIONS ON

THE TREATMENT OF CHILDREN, ON SOBRIETY, INDUSTRY, *&c.*

Intended for the Promotion of Domestic Happiness.

By JAMES PARKINSON.

SECOND EDITION.

——————— Be timely wise:
With *HEALTH* all taste of Pleasure flies.

GAY.

LONDON:

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THE

VILLAGER's

FRIEND AND PHYSICIAN.

MY FRIENDS,

THE husbandman, when his tasks are performed, may suffer from weariness of the body; but his employment has no tendency to disturb his mind. It is not so with the medical man, with however much ability and conscientiousness he may execute the duties of his profession. Aware that the lives of his fellow-creatures depend on the judgment he may form, and on the measures he may adopt, his mind is constantly harassed with anxiously attending to the event of some distressfully interesting case; whilst, after every sacrifice, his character is liable, beyond that of every other professional man, to the misrepresentations of those, to whom the inability of comprehending the propriety, or impropriety, of the measures adopted, is a sufficient warrant for the most cruel

and scandalous imputations of ignorance, or neglect.

Nor is this all; recollect with how little consideration for his comfort, is the time, as well as the labours of a village apothecary trifled with. Have you to consult your lawyer, or to employ any other man almost in the village, you will require his attendance, at that time which may best suit his convenience; but should a trifling rash on the skin, which has hardly excited your attention for a week or two, at last induce you to call for the attendance of your apothecary, the application will frequently be deferred to the close of the day: nor will the roughest and most tempestuous weather excuse his attendance, which will, in general, be thought necessary to be insisted on *directly*, to give energy and effect to your message; not considering that he who calls wolf unnecessarily, may call in vain, when in real danger.—Excuse these remarks, which may not, at first sight, appear calculated so much for your benefit, as for that of the apothecary; but you should consider that, in proportion as you manifest a regard for his comfort, you will, of course, render him zealous and interested for your welfare. In general, in proportion as you attend to his convenience, will he be enabled to apply himself to procure you benefit. Thus, when your message is not sent before

he sets off for his usual rounds, you not only give him the trouble of pacing over a mile or two of ground, which he has already trodden; but your summons taking him out of his regular course, perhaps in the midst of the hurry of business, it is far from improbable, that your concerns, from the crowd of various circumstances then engaging his thoughts, cannot obtain that attention, which he may be anxious to give them.

You observe, that I offer to you plain, unadorned truth; but if my address prove useful, I shall be fully satisfied with the portion of eloquence it may contain. To many of you I am indebted for your confidence, and to all of you for your kind wishes. Accept, in return, the following suggestions, intended to promote your happiness, as well as to enable you to preserve, or restore your health.

As most of you are men who benefit society by your labours, gaining your livelihood by the sweat of your brows, you will not be surprised that I commence my instructions, with a few remarks on EXERCISE and LABOUR.

> Toil, and be strong. By toil the flaccid nerves
> Grow firm, and gain a more compacted tone.
>
> ARMSTRONG.

Truly does this author say,

> ——— By health the peasant's toil
> Is well repaid.

Exercise indeed gives strength to every fibre, and energy and spring to all the vital powers. In a word, man is rendered

> Robust with labour, and by custom steel'd
> To every casualty of life.

For strength is increased by being used, and lost by being too much hoarded. But I need not dwell on the advantages derivable from exercise, to you, who have experienced them whilst engaged in the labours, by which your families are supported. No! to you whose habits are those of industry, some few cautions against the excessive and irregular indulgence of those habits, will be more beneficial. Be assured, then, that all violent and long continued exertions, even in your wonted labours, may not only prove of serious injury to your health, but will also lessen, rather than increase, the weekly provision for your family. Remember that the vital powers, the powers by which life is continued, can only be urged to a certain point, without injury. If nature be robbed of due repose now, she must repair the loss another time, or sink, overcome, exhausted of the *fine and subtile spirits*.

> Pursued too closely, e'en the gentlest toil
> Is waste of health. ARMSTRONG.

He who thus inconsistently, from motives of œco-

nomy, extravagantly spends his health, may be said, to labour hard to catch disease. For

> He gets little for his pains,
> Who sad disease by labour gains.

The All-wise Disposer of all things has decreed the due exercise of our powers to be an inexhaustible source of pleasure; so that man returns to his daily toil, with cheerful alacrity. But excessive exertions take away all zest for work, and no wonder; for if even too much pleasure will cloy, how much more must too much hard work. No! no! Take moderate meals of hard work, and then to it again with a relish for it. Think not, however, I mean to lull you into indolence; far from it.

> Behold the wretch who slugs his life away,
> Soon swallow'd in disease's sad abyss;
> While he whom toil has brac'd, or manly play,
> Has light as air each limb, each thought as clear as day.
>
> THOMSON.

Moderate and regular labour coils up the main spring of life, but wild and irregular sallies may break it. He that is steady is ever ready. Regular exercise will demand regular rest.

> ——————————— Weariness
> Can snore upon the flint, when resty sloth
> Finds the down pillow hard.

Watch the steady pace of the sun, let his rising

lead you to labour, and his setting to rest, or to rational amusement, for

> He who rests and labours by the sun,
> His course of toil does fairly run.

Besides, I have one truth to disclose to you, which perhaps you may not have discovered. Virtues may have bastards; and therefore industry may become the mother of drunkenness. For nature, urged too far, pants and seeks for rest; but her thoughtless driver spurs her on. The pernicious, the poisonous dram, is swallowed glass after glass, whenever the spirits flag; and thus, he who gets a hard hand, too often gets a parched mouth. This as generally leads to the alehouse, as that does to the house of misery and disease.—Consider a little, my friends, how little you gain by earning six shillings instead of four, when the publican gets one half of your earnings, and physic runs away with the rest.

But let us not pass the alehouse, without a word or two respecting the good cheer it affords. Most of us are pretty well acquainted with the delightful refreshment a glass of ale yields, when a man is fatigued. Well would it be, if we all knew, as well, the mischiefs arising from taking, a little too frequently, what is called *a little drop,* so that we might be sufficiently on our guard against that insidious enemy, the love of drink. This is an

enemy against whom you should always be on your guard, for he uses every trick of war: sometimes he comes on by slow and unheeded approaches; sometimes his attacks are open and violent; and oftentimes will he fight under false colours, and whilst he is received as a friend, cruelly deprive those he has deluded of every comfort, and at last of life itself. He who, being engaged in works of labour, flies to liquor for a spur, whenever nature droops from too great exertion, makes terrible havock with himself. Nature, before worn down, is now forced and strained by these unnatural efforts; and if these be often repeated, the shattered nerves will show the vast damage they have suffered. Tremblings, sinking of the spirits, sleepless nights, and days of dreadful listlessness, will be the forerunners of some deadly malady.

You will perhaps be at first surprised at the assertion, but you will, on reflection, I am sure, agree in its being well founded, that the cautious, but frequent sipper, is more exposed to be overtaken by disease, in consequence of indulgence in his favourite habit, than him who revels openly and unguardedly. The former generally allows the elevation he has experienced from his first sip to subside before he takes his second, and that of the second before he takes his third: thus,

gradually instilling the poison into the system, he has not the warning of intoxication to apprise him that, although he exultingly applauds himself for his extraordinary self-denial, the quantity he has sipped exceeds that which, taken by his neighbour with less management, has levelled him to the ground, and rendered him the object of our cautious sipper's harsh reproof. The more bold and shameless drunkard finds a monitor, though generally too little regarded, in every drunken bout: the beastly situations in which he is placed by them, and the sufferings which succeed, are not entirely unnoticed:

> He sleeps, and waking finds himself undone;
> For, prodigal of life, in one rash night
> He lavished more than might support three days.
>
> ARMSTRONG.

Loud but weak resolves are uttered—such filthy excesses are never more to be committed.

> Ah, sly deceiver! branded o'er and o'er,
> Yet still believ'd! exulting o'er the wreck
> Of *sober* vows!

Drunkenness, my friends, that vice, or rather let me say that crime, which engenders all other crimes, is a baneful curse, wherever it falls. It degrades man below the meanest reptile, renders his sober hours irksome beyond bearing, brings on the most dreadful diseases, and at last places

him on a death-bed, the pillow of which it has filled with thorns. Dreadful is this picture, and many of you must feel its truth. But how, you ask, shall we profit by it? How shall we rid ourselves of such a dangerous foe? Not by trifling with him—not by gentle resistance—not by endeavouring gradually to disengage yourself from his horrid gripe. No, an enemy, so formidable, must be firmly and strongly opposed—not an inch must be yielded to him. Consider, if you break not his neck he will break yours, and perhaps the hearts of those who are dearest to you. Call to your aid self-love, as well as regard and compassion for your family, who innocently suffer for your indiscretions. Crave the support of reason and religion.

> Let god-like reason, from her sov'reign throne,
> Speak the commanding word—I will—and it is done.
>
> THOMSON.

Do not be lulled into a false security, founded on one or two incorrigible drunkards enjoying seeming health, for they own not what they suffer; but judge from a larger scale. Look back to the latter days of all the votaries of Bacchus that come within your recollection, and then you will discover, that in general the wine-bibber is doomed to the torments of the gout, or of the stone or gravel; the dram-drinker becomes bloated with

dropsy, and the swiller of beer stained with jaundice;

——————— the yellow fiend,
Ting'd with her own accumulated guilt.

I am sure, if you will but reconsider what has been said, although you may accuse me of preaching, you will not regard a drunken bout as a trifling matter. Look back but to the last adventure of this kind, and strive to

——————————————— recollect
What follies in your loose unguarded hour
Escap'd. For one irrevocable word,
Perhaps, that meant no harm, you lose a friend;
Or in the rage of wine your hasty hand
Performs a deed that haunts you to the grave.
Add, that your means, your health, your parts decay;
Your friends avoid you; brutishly transform'd,
They hardly know you; or if one remains
To wish you well, he wishes you in heaven.

ARMSTRONG.

Besides, he who drinks much can eat but little; and strength is never gained by starving; and one shilling spent with the butcher is better than two with the publican. Moderation is indeed always commendable, but there is little fear that the labourer will kill himself with cramming; for hard work and hard fare too often go together, and industry seldom messes with gluttony. Indeed it cannot be denied that

Gross riot treasures up a wealthy fund
Of plagues, but irremediable ills
Attend the lean extreme.

ARMSTRONG.

I am not one of those who can calculate, to a grain, on how little a man may keep life and soul together, but yet I cannot refrain from cautioning you against waste, and reminding you, that good housewifry will make one pound go as far as two.

One species of indulgence I must, however, warn you against—the taking too freely of spiceries with your meals. Mustard, pepper, &c. substances of so fiery a nature, that, if applied pure to the skin, would soon excite a considerable degree of inflammation; or which, if blended with milder substances, and applied frequently, would harden the skin, and deprive it of its healthful sensibility, are taken into the stomach, with as little caution as though they were as mild as milk, and without considering that effects, similar to those they produce on the skin, succeed to their application to the stomach.

The substances of which we are speaking, taken into the stomach, even in the quantity in which they most frequently are used, render the stomach less sensible to the calls of nature, and less capable of performing its function of digesting the food: at length heart-burn, sour risings,

painful oppressions and cramps of the stomach, show that weakness of this organ is produced, in consequence of its having suffered too much irritation.

> The stomach urged beyond its active tone,
> Hardly to nutrimental chyle subdues
> The softest food. ARMSTRONG.

You cannot be too watchful against the increase of this practice, for he that gratifies his taste, without the limitation of prudence, knows not where he may end.—He that begins with a grain, may end with a pound. Now, my friends, although you may not think it worth your trouble to balk your taste for such a trifle, as you may esteem health to be, at least let your children have fair play; and do not bring them up the slaves of such evil habits. Let their diet be plain —He that breakfasts on milk; dines one day on animal food, and the other on pudding, &c.; and sups lightly on milk-pottage, &c. may with reason hope for health. Therefore

> Let temperance constantly preside;
> Your best physician, friend, and guide.
> ARMSTRONG.

But man is not made merely to eat, drink, and toil. A spark of intellectual fire is placed by his great Creator in his breast. If this be smothered and extinguished, life passes on dull and cheerless;

but if fanned into flame, its genial influence pervades, and actuates every part of the system.

> ——————— from heaven it came,
> Oh, prize this intellectual flame!
> This nobler self with rapture scan;
> 'Tis mind alone that makes the man.
>
> COTTON.

In proportion as the mind is cultivated, the enjoyment of nature's blessings is promoted, and the interest in life is augmented; and, which is particularly to our present purpose, the opportunities and the range of rational recreations are increased. Know that amusement is as necessary to health as labour; and that it is sometimes right

> To frame your mind to mirth and merriment,
> Which bars a thousand harms, and lengthens life.
>
> SHAKSPEARE.

But moderation in the enjoyment of pleasure is as necessary, as in the prosecution of labour. You may, if you choose, make an amusement of labour; but never make a toil of amusement. Your amusement should be adapted to the nature of your employment through the day: thus, should you be exhausted by toil, choose some amusement where skill and dexterity is required, rather than labour; but if your employ in the day should have been accompanied with but little exertion, choose those sports which call the various muscles into exercise. Take care, however, that your

sports bear not on the limbs which work has wearied. Let him whose arms are fatigued with wielding the pick-axe, and the ponderous hammer, amuse himself, when his task is over, with ranging in the fields,

> Where sown profusely, herb and flower,
> Of balmy smell and healing power,
> Their souls in fragrant dews exhale,
> And breathe fresh life in every gale.
> Here are thy walks, oh! sacred health;
> The monarch's bliss, the beggar's wealth.
>
> MALLET.

> Here blooming health exerts her gentle reign,
> And strings the sinews of the industrious swain.
>
> GAY.

Whilst he whose occupations weary his legs and feet, should rather derive amusement from those sports which exercise his arms.

Bathing is a recreation, pleasant, refreshing, and highly salutary; fit for him who passes a sedentary life, as well as him who leads a life of labour. By this the skin is cleansed from hurtful matter which may collect on it, whilst the vessels are so strengthened by it, as to be enabled to resist disease. Observe that I here recommend bathing for the prevention, not for the cure of diseases; since our time will neither allow me to specify those numerous complaints which may be removed by it, nor those which prohibit its employment. I therefore can only say generally,

that, in health, it will prove beneficial, if used when the body is neither chilled nor much heated: but that in diseases depending on any altered structure of the internal parts, it can never be had recourse to but with danger.

The amusements to which I have hitherto alluded are those adapted to the summer, when fine weather and long days give the opportunities of an hour or two of day-light for your enjoyment when labour is over. But in winter, a greater portion of time will be found free from the exercise of business, which want of day-light renders you unable to employ in out-door amusements. This portion of time is too commonly devoted to the alehouse; and this, it is frequently said, because your home can afford you no amusement. But let me point out an amusement or two, which I am confident, when you have made trial of for a little time, will yield you delight beyond any you have ever experienced, whilst smothering away life in that grave of happiness. Most of you have children, and if you are not devoid of affection for them, pleasures beyond expression will be derived from teaching them.

> Delightful task! to rear the tender thought;
> To teach the young idea how to shoot,
> And pour the fresh instruction o'er the mind.
>
> THOMSON.

But you may say, that, not having yourself received the advantages of education, you can communicate to them but little instruction. The instruction I however allude to, is such as the most unlearned may communicate. Trace over in your memory the various events of your past life; you will then see how you failed in your aim to do well, and also, why your endeavours sometimes succeeded. Communicate to your children the reflections which these observations create. Show them the advantages of industry, civility, and sobriety; let them see the necessity and advantage of rendering themselves useful to those around them. Place before them, in particular, the policy of such conduct towards their employers; since he who renders himself useful to his employer, becomes necessary to him; and creates that attachment of his master, both from interest and for respect for his industry; that, if he engage also his affection by his civility and obligingness, the most advantageous and profitable consequences may follow. Point out to them the evils, which experience has taught you the necessity of avoiding. Put aside all false shame—own your youthful follies to them.—Show them the ill effects which followed, and confirm them in the resolution of shunning similar foibles; and, on the other hand, hold out to their imitation those actions

which recollection is delighted in recalling. By this conduct, you will not only lead your children into a love of virtuous and industrious exertions, and take away the necessity of employing that correction which may rob you of their love; but you will actually excite their affections, make them love their father as their friend, and perhaps secure for yourself in age, that protection from your child, which you might otherwise have to seek from a workhouse. But to be assured of this, teach them to abhor cruelty to the brute creation; since the child who delights to torment any fellow-being, may be brought at last to view the sufferings of even a parent, with feelings, worse than indifference. Be assured

That all the pious duties which we owe
Our parents, friends, our country, and our God;
The seeds of every virtue here below
From discipline alone and early culture grow.

WEST.

The amusement which books afford, exceeds all others, which can be enjoyed by the fire-side, by those whose days have been laboriously exercised. But should this not be to your taste, or should your youthful progress in learning not have been sufficient to enable you to indulge in this delightful enjoyment; have not to reproach yourself with not having done all in your power, to

enable your children to obtain the pleasures and benefits of reading. Consider at how trifling an expence you may procure them this useful and entertaining accomplishment, and that a few pence, a very few pence, weekly employed for this purpose, may better their situation through the whole of their life. By reading they will have their minds stored with precepts, instructive of the preservation both of their health and morals: they will become better members of society, be more confirmed in their duty to you, and be furnished with an inexhaustible source of amusement and reflection for every vacant hour; so that the tediousness of leisure shall not drive them to the alehouse for amusement. In their youth it will afford them amusement and instruction, and in age, comfort.

Nor do I go out of my way when I recommend reading to you; for I recommend it as a medicine, which, by its effects on the mind, will secure you from the attacks of some diseases which really originate from the mind not being sufficiently exercised; and also, as a remedy which will better enable you to beguile away the dreary hours of confinement, from almost any kind of malady. Nor is this remedy an expensive one, since there is ONE VOLUME, *THE BIBLE*, the cheapest in the kingdom, which whether you seek to be in-

terested by the plain facts of history, by the most pathetic descriptions and situations, or by the most marvellous, and even miraculous adventures—whether your taste be for plain prose, or for the most sublime poetry: whether, in your youth, you search for instructions for obtaining happiness; or, in your age, solid and essential comfort, this ONE VOLUME will afford it all.

Remember that, whether at work or at play, whenever the body is considerably heated or cooled, a change of that state must not be effected rapidly. A sudden exposure to extreme cold, when much heated, is so well known to be dangerous, as to require to be only mentioned here for the sake of reminding you. But a greater degree of danger is frequently produced by a practice, the ill consequences of which are not so generally known. When extremely chilled by exposure to bleak air, and perhaps to freezing sleet; when the blood is driven from the external upon the internal and vital parts, the practice is too common to drink freely of heating and spirituous drinks, and to hover close over the fire. The blood expanding by the heat, still farther distends the vessels in which it flows, its course being at the same time rendered more rapid by the strong and heating liquors; hence it is forced into vessels into which it ought not to flow, and there excites pain and dangerous disease.

In proof of the propriety of this caution respecting the too suddenly applying heat, after exposure to cold, I must inform you, that if any part of the body be so long exposed to the cold that it has become frozen, and, in this frozen state, be brought near to the fire, a mortification will succeed, and the part will separate and fall off. But if the heat be most slowly restored, first by rubbing it with snow, then with water, then with a dry cloth or flannel, and lastly by allowing it to be exposed to the warm air, it will speedily be restored to its healthful state.

From what I have said, it may be inferred, that similar caution should be employed in restoring the warmth of the whole body, when chilled. The clothing, if wet, should be changed, and either moderate exercise should be persisted in until the heat is again restored, or the approach to the fire should be gradual. If the exposure has been long, and the cold severe, it will be best to go to bed, and drink freely of moderately warm barley-water or gruel; by which means heat will be gradually restored, and all dread of disease removed by a free perspiration. He who wishes to get rid of life in severe agonies, should, when thoroughly wetted and chilled, dry himself by a large fire, and toss down a glass of spirits. It may be true, that many of you have done this repeatedly, without having sustained any injury;

but that is no reason why you should persist in that which a little consideration must shew you is certainly dangerous. This you may be assured of, that there would be less chance of injury from allowing the wet clothes to dry on the back, whilst continuing in exercise, than thus suddenly to expose yourself to heat, and to drink of spirituous liquors when chilled with cold.

The first notice of mischief having been produced, by the too sudden change from one extreme of heat to the other, may not occur until several hours after, but then

> Cold tremors come, with mighty love of rest,
> Convulsive yawnings, lassitude, and pains,
> That sting the burden'd brows, fatigue the loins,
> And rack the joints, and every torpid limb:
> Then parching heat succeeds, till copious sweats
> O'erflow. ARMSTRONG.

The symptoms, thus accurately described, never occur but when some alarming disease, generally fever, is about to succeed. To prevent this should be your immediate endeavour, for

> Prevention is the better cure;
> So says the Proverb, and 'tis sure.

The means for accomplishing this, are those which have just been enumerated: warm diluting drinks should be taken freely, and even profuse sweating should be promoted by the aid of a

treacle posset, or white-wine or vinegar whey, and by breathing under the bed-clothes.

Since injury, from exposure to the inclemencies of the weather, is in a great measure prevented by the due management of the CLOTHING, attention to a few words on this subject may be well repaid. Observe the horse and other cattle, and you will perceive that, as the winter sets in, nature furnishes them with warmer clothing. Profit by the observation, and adapt your clothing, as nearly as you can, to the change of seasons in this variable climate. Take care also that your clothing be regularly disposed, not much thinner in one part than another; for how absurd is it to wrap the body in thick woollen, and to cover the legs with stockings of thin texture. If liable to pains in any particular part, that part indeed may be aided by additional clothing, and particularly by the wearing of flannel next to the skin; but with this, and indeed with every part of the clothing which applies immediately to the skin, the utmost cleanliness is necessary, not only for the sake of comfort, but of health: since there cannot be a doubt that fever itself may be generated by the filth suffered thus to accumulate.

By an attention to what I have already said, you will be enabled to do much towards the PRESERVATION OF YOUR HEALTH. It is true, you must make some sacrifices; but consider,

Nor love, nor honour, wealth, nor power,
Can give the heart a cheerful hour,
When HEALTH IS LOST. GAY.

I shall now, my friends, offer to your attention, a few words on the DISEASES to which you are most subject, describing to you the manner in which they begin, and the methods of preventing their farther progress.

Whenever you experience cold shiverings, be on the watch; since there will be the greatest reason to suspect that it is the first symptom of some disease of a dangerous kind. If heat succeeds, lose no time, but immediately go to bed, and employ the means already recommended, to promote a free perspiration, and support it for at least four-and-twenty hours. Should perspiration be not produced by these means, it will then be right to take about twenty drops of antimonial wine (a remedy you will do well to keep in your house), every hour until the effect you wish is produced. Thus may you check, in the very commencement, diseases that would probably have terminated in death. Should the shivering return, on the second, third, or fourth day, and be succeeded by heat and then by perspiration, an AGUE or INTERMITTENT FEVER has taken place, requiring you to take at least three quarters of an ounce of bark, before that period of time in which it made its second appearance, has again elapsed.

But, if the means recommended have not been employed, or have been employed unsuccessfully, the cold shiverings being followed by considerable heat, and pain in the head, loins, and limbs, you may be assured that a FEVER is establishing itself, which will prove beyond your management and controul. If an acute pain of any part succeeds, with or without the other symptoms, just enumerated, there will be great reason to suspect inflammation is forming; and if these pains do not subside, as the sweat continues, life may be at risk, and may be only saved by timely bleeding and the adoption of vigorous measures.

The degree of danger in these cases must of course depend on the violence of the attack, and the nature of the affected part. Of the former you will, in general, judge, by the degree of pain, and by the magnitude of the other symptoms; and as to the latter, I shall hope, by mentioning the parts affected by different diseases, and the offices they perform, that you will be able to judge of the degree of injury which may be expected.

Know then, that in the head is contained *THE BRAIN*, from which proceed the nerves, which are distributed over the body, and on which every sense, and all power of motion, depend. If pain in the head, light-headedness, fever, redness of the eyes, and impatience at viewing much light,

or hearing loud noises, succeed to shiverings, INFLAMMATION OF THE BRAIN, OR ITS MEMBRANES, may be feared to exist. This must be followed with death in a very few days, if not opposed by the exertions of some skilful person. Bleeding profusely, blisters, the strictest regimen, and proper medicines, must be here employed, with that degree of firmness and decision, as cannot be hoped for, but where they are directed by a person of real skill, and where the attendants are impressed with the danger of the smallest deviation from orders.

Redness of the *EYE*, or, as it is commonly termed, *a blood-shot eye*, shows that INFLAMMATION OF THE EYE has taken place. The little importance which is in general annexed to the term blood-shot eye, has lulled many into a false security, until they have at last been entirely deprived of sight. Extreme pain of the *EAR* or *TOOTH*, show INFLAMMATION of these parts to have taken place. In the former of these cases the application of leeches to the temples, and in the two latter between the cheek and the ear, followed by the application of blisters to the temple, or behind the ears, will generally check the progress of the disease.

Prescriptions for eye-waters are so numerous, that you may expect one from me—but I know

not one which I can recommend to you to be used on all occasions. For such is the variety of cases in this class, that sometimes applications as cooling as ice, at other times as hot as the eye can bear, are required; nay, sometimes water itself will be too irritating, whilst at other times applications as pungent as brandy will procure speedy relief. The most safe wash is, perhaps, rose or elder-flower water, without any addition. Conserve of roses, so often applied to the eyes on these occasions, is much more likely to injure the eyes, than to relieve them.

A flannel bag filled with camomile flowers, wrung out of boiling water, then sprinkled with spirits and applied very warm over the ear, and repeated for an hour together, renewing it as soon as cool, will frequently produce very considerable benefit in the ear-ach. In the tooth-ach the same application to the cheek, on the affected side, will, if patiently persevered in, render much more benefit than the corrosive remedies which are so frequently applied to the inside of the mouth, and to the tooth itself.

This same application will also be in general very useful, if made to the sides of the throat, in INFLAMMATION OF THE TONSILS (two round projecting substances at the back of the mouth). This disease is known to exist by the enlarge-

ment of these, with fever, pain, and considerable soreness of the throat, and difficulty of swallowing.

This complaint, best known to you by the name, *Quinsy*, in general, gives way speedily, if by early application you give the opportunity for bleedings, blisters, &c. to oppose it on the threshold, as it were; otherwise it will rapidly become truly alarming and distressing. The means for procuring sweat should not, in any of these cases, be omitted.

Behind the tonsils is situated the *WINDPIPE*, the upper part of which is slightly inflamed, in what is termed a COMMON COLD; this appears to be pointed out by the tickling, which occasions a frequent troublesome cough. This may in general be removed by obtaining a copious perspiration at the commencement of the complaint: by drinking freely of treacle posset, vinegar or orange whey, barley-water or gruel; but without having recourse to any considerable increase of bed-clothes, or of the temperature of the room. Bleeding, in general, is not here necessary. But should tightness of the chest, or pain in the side, or in any part of the breast, or should shortness of breathing come on, you may be assured that you are in that situation, that the farther attempt to treat this disease without regular advice, will

be very likely to occasion its termination in *Consumption;* and that, on the other hand, proper measures being directly employed, an immediate amendment may follow. When COUGH continues after this disease, believe it to be a circumstance highly worthy of your attention. Consider a little, and you will perceive that, a cough is not of itself a disease, it is the symptom or sign of a certain diseased state of the lungs or of the wind-pipe. If therefore it does not yield in a moderate time to sipping barley-water, made thick, and sweetened by the addition of figs and raisins; or by occasionally taking some softening mixture, such as a mixture of equal parts of honey and oil, with a little lemon-juice. it may be suspected to depend on some serious, diseased state of the lungs; to ascertain and remove which may require more skill than you possess.

THE CROUP, or INFLAMMATION OF THE WIND-PIPE, or tube through which the air passes to and from the lungs, happens only to children, and is marked by the child's breathing being longer than natural, and accompanied by a particular wheezing sound: a sharp ringing or barking noise also distinguishes the cough, attendant on this affection. In this disease, the life of your child depends on your immediately obtaining the best aid you can; since he most probably will

otherwise perish in a very few days. If the attendance of a medical man is unavoidably delayed, and the disease is plainly marked, apply from two to four leeches to the prominent part of the front, and a blister to each side, of the neck.

In the breast or chest are contained *THE LUNGS*, which are filled with air, and again emptied, each time of breathing. INFLAMMATION OF THE LUNGS is known by shortness of breathing, tightness and slight pain across the chest, with fever. In children this disease may always be dreaded, when their breathing is quicker than natural; especially if accompanied with wheezing, and with increased heat of the skin. Whether in children or in others, this disease never happens without danger; if neglected, its termination will, most probably, be in that most dreadful disease a CONSUMPTION. Obtain therefore the best advice directly; but if prevented in this, lose not too much time in waiting, but apply one, two, or more leeches to the chest of the child, according to its age. To a grown person, six or eight should be applied; but bleeding freely from the arm would be preferable, if it could be obtained. When pain of the side occurs, affecting the breathing, accompanied with fever, the complaint is PLEURISY, or INFLAMMATION OF THE MEMBRANE LINING THE CHEST;

the treatment of which, and the cautions respecting it, may be taken from what has just been said respecting the preceding complaint. On the left side of the chest is placed the *HEART,* by the action of which the *blood* is driven to every part of the body. When the pain affects that side of the chest, and the beating of the pulse is irregular, suspending its stroke for a moment or two, INFLAMMATION OF THE HEART itself, or of the PERICARDIUM, the membrane which incloses it, has most probably occurred. In such a case not a single moment should be wasted, but the best assistance should be immediately procured. But if delay necessarily arises, the pain is violent, and the patient young, blood may be taken away freely. Under the heart is situated the *STOMACH,* just beneath the ribs on the left side; in this bowel is the food received and principally digested. INFLAMMATION OF THE STOMACH is therefore pointed out by an acute pain in this part, or rather towards the pit of the stomach, accompanied by the vomiting of every substance immediately on being swallowed. What has been just said respecting your mode of conduct, applies exactly to this case. But as the stomach is so irritable and tender, you must be particularly careful that only the most mild liquors, and those in very small quantities, be taken.

On the right side, under the ribs, and stretching across to the pit of the stomach, is the *LIVER*, by which the *bile* or *gall* is formed. INFLAMMATION OF THE LIVER is distinguished by pain in the part, and in the right shoulder. Immediate aid should be here obtained; as by bleeding, blistering, &c. the disease may be removed in its first stage. To such of you who unhappily injure your constitution, by drinking too freely, I must here offer a caution. This disease sometimes comes on very slowly, and without any other warning than frequent, slight pains: when this happens, proper medicines may assist you, if their effects be aided by an exact attention to such regimen as will be ordered; which will most probably comprise the prohibition of spirituous poisons. The gall or bile, when formed, is stored up in the *gall-bladder*, from which, with that which flows directly from the liver, it passes through certain *ducts*, or pipes, into the bowels. INFLAMMATION OF THE GALL DUCTS may be suspected, when the pain is violently distressing, immediately at the pit of the stomach, passing directly through to the back, accompanied by severe vomitings. Here regular advice must be obtained; since although bleeding is sometimes necessary, yet it sometimes happens that the dis-

ease is caused by hard substances, called *gall-stones*, sticking in these ducts, and which bleeding alone might never remove.

By the bye, consider for a moment, how little good a medicine, too often had recourse to in sickness of the stomach—I mean a vomit—can do in many cases in which the sickness proceeds not from there being any injurious matter in the stomach, but from the diseased and too tender state of the stomach itself, or from its sympathising with other parts, in disease; from which circumstance, the employment of them must necessarily be succeeded by the actual increase of the complaint.

In the interval, however, before advice can be had, there is one remedy, which, from its safety, may be employed with confidence in this, and in every doubtful case, of extreme pain in any part, where there is not much weakness. This remedy is the warm bath, employed as nearly as possible over the whole surface of the body. When this is used, great care should be taken that the body be afterwards well dried, and that the patient be laid between blankets. Bear in mind that any large vessel will do for this purpose; and that it is proper to be employed in every case of inflammation of any important organ.

Inflammation of the liver is sometimes followed

by DROPSY; diseases of other bowels will also occasion it. You have here always time to apply for regular aid, therefore attempt nothing unadvisedly. One circumstance you should, however, be apprised of: your well-meaning neighbours will recommend to you many nostrums for the speedy removal of the water; but these must be used cautiously, lest, by producing weakness, the flow of water into the cavities should be increased; and you act as unwisely as him, who widens the breach in the side of a ship, to let out the water the leak has let in. Nor will you be free from the temptation of employing advertised nostrums, so great are the promises they hold out; but let common sense guide you: here is a disease, which may depend on a diseased state of any of the various bowels contained in the belly, and on a vast variety of different diseased states, and which cannot be removed without appropriate means for these different cases are discovered: how little prospect of success is there, then, in employing a remedy thus taken at hazard, and which perhaps, at best, is only proper in one of these widely differing cases! Inflammation of the gall-ducts is frequently accompanied by JAUNDICE; but as this complaint also accompanies other affections of these parts, and even certain states of the liver, the cause from which it proceeds ought therefore

to be enquired into, before any active measures should be employed.

If acute pain should be felt lower than the parts already described, attended with almost constant sickness and obstinate costiveness, INFLAMMATION OF THE BOWELS is to be apprehended, which, unless powerfully opposed, must terminate fatally in two or three days. The best advice must therefore be obtained, as soon as possible; bleeding and the warm bath being employed in the mean time. Be careful whenever symptoms arise like these, that no heating cordials, spices, or spirits, be taken, under the expectation of lessening the pain; since just the contrary effect must be produced by them.

If the pain be felt in the loins, or in a direction from the loins toward the lower part of the belly, with frequent vomitings, INFLAMMATION OF THE KIDNEYS, the organs by which the urine is separated from the blood, or INFLAMMATION OF THE URETERS (the vessels which carry the urine to the bladder), has most likely taken place. If the pain is seated at the bottom of the belly, with great tenderness on pressure, and difficulty in voiding the urine, it may be concluded that INFLAMMATION OF THE URINARY BLADDER has come on.

In every one of these cases the most serious

and even fatal mischiefs are to be apprehended, if the most powerful means are not early employed. Whilst proper advice is obtaining, and which ought to be sought for with the least possible delay, bleeding and the warm bath may be had recourse to; and remember that here, as in every case of inflammation, these two most powerful remedies must be aided by abstaining from food, and by emptying the bowels by some cooling physic.

Numerous as are the diseases just described, recollect that they may all be produced by the too sudden change from heat to cold, and from cold to heat. To this cause, as well as to violent exertions, the abuse of spirituous liquors, and the not proportioning the exercise to the quantity of nourishment, may be also attributed HÆMORRHAGES from ruptured vessels, of which I now shall speak. SPITTING OF BLOOD, in general, proceeds from some blood-vessel bursting in the lungs. The important office of this organ I have already pointed out; I have therefore only here to add, that the smallest appearance of blood, in the matter brought up by coughing, ought immediately to induce you to make application, for your life's sake, for professional advice; since if you do not procure it directly, and act with the most rigid adherence to it, that distressful and

fatal, but lingering malady, a CONSUMPTION, will almost unavoidably occur. BLEEDING FROM THE NOSE, and BLEEDING PILES, are not indeed so directly fatal, as that bleeding of which I have just spoken; but they are of sufficient consequence, to authorise me to call your attention to them, and to impress on your minds, that every discharge of blood, almost, proceeds from a broken blood-vessel; that there exists a disproportion between the strength of the blood-vessels and the quantity of blood they contain; and that, when bleeding has taken place in considerable quantity from any particular part, the vessels of that part are disposed to acquire the habit of thus letting the blood escape, which is also so rapidly formed, as, by distending the vessels, to be the more likely again to force its way. I must just observe here, that although the piles are not in general dangerous, yet, when very painful, great attention must be paid to them; as, when neglected, they sometimes terminate in that painful and distressful malady, a FISTULA. Should they be very painful, leeches may be applied to them with great advantage.

From exposure to sudden changes of temperature, proceeds the ACUTE RHEUMATISM, or, as it is often called, the RHEUMATIC GOUT; known by its affecting the different joints with red and painful swelling. By promoting a profuse per-

spiration, by freely drinking warm gruel, &c. aided by a few drops of antimonial wine, this disease may sometimes be removed at its very commencement. But this not succeeding, be aware that its continuance for a month, or perhaps longer, may be the consequence of not obtaining that treatment, which can only be pointed out by a medical man of judgment and experience.

The symptoms which I have described as marking the commencement of fever in general, may be considered as those which occur at the beginning of eruptive fevers. Of these the SMALL-POX stands most forward, from its frequency, and its fatality, if allowed to occur naturally, as it is termed;—but this would be a fault so censurable, it would be risking a life so unwarrantably, that no one who hears me will, I hope, ever commit. Impress it on your memory, that one in every ten or twenty, has been found to die of the small-pox coming spontaneously, or in the natural way, and but one in two hundred of those who receive it by inoculation: and that in those who are inoculated from the matter of what is termed the COW-POX, the life is never endangered.

You may conclude the small-pox is coming out, when, after the symptoms already mentioned, small red spots appear, just rising above the skin.

The number and the malignity of these will often depend on the treatment at first adopted. If the room be considerably heated, the patient kept in bed, under a load of bed-clothes, and plied with heating drinks, such as even white-wine whey, the crop of pustules may be expected to be so great, that the powers of the patient will be exhausted, before they are ripened and cleared off.

When the spots are topped by a little watery bladder, soon after their first appearance, and are cleared off in three or four days, it may be concluded that the disease is the CHICKEN POX or SWINE POX; a complaint which seldom requires more than to keep the child within doors, and to prevent it from taking too much exercise.

If the spots hardly rise above the skin, and are more spread than in the former diseases, it is most probable, the MEASLES is appearing. This may be more certainly concluded to be the case, if a frequent dry cough, with redness and watering of the eyes, occur at the same time. In this disease, the breathing must be most attentively watched: if this become quickened, there will be the greatest reason to fear *inflammation of the lungs* to be establishing itself, which will not be removed but by the most vigorous measures.

When the skin, instead of being studded with pimples, is covered with a redness, resembling a

stain, the disease is most probably THE SCARLET FEVER. If soreness of the throat accompanies it, not a step should be taken until the opinion of some intelligent medical character has been obtained; since the disease may, perhaps, be the PUTRID or MALIGNANT SORE THROAT, which will demand, most probably, the utmost exertions of even the most able physician, so to conduct the management of the patient, that he may not sink from the vast exhaustion of the vital powers, which often takes place. Here wine, cordials, and food, which are poison in the former class of diseases, are absolutely necessary to be strenuously persevered in.

If the eruption of the skin is confined to one part, and, as is most frequently the case, to one side of the head or face, and soon rises in little blisters, the disease is ERYSIPELAS, or ST. ANTHONY'S FIRE. In this complaint evacuations must be employed with caution, since great judgment is necessary to point out whether they will be injurious or not. The application called *Goulard's water*, is often employed here, with much injury, as well as in many other cases of inflammation. The applications in this case must always depend on the state of the pulse, the age, and on the degree of strength possessed by the patient. To point out one mode of treatment which can

be adopted with safety, in all the various cases which may occur of this complaint, is utterly impossible. This can only be directed by an observer, possessing sound medical skill. When this disease appears on very *young children,* the loss of the child is only to be prevented by the most skilful exertions. Admit no tamperings, lest you have to accuse yourself of having thereby sacrificed the child of your heart. A disease of the erysipelatous kind sometimes possesses two or three fingers width of one side of the trunk; this is called the SHINGLES, and, from the extreme soreness of the parts, is a very troublesome complaint. It seldom requires much medical aid; but, as this will always vary with the constitution of the patient, I cannot, as I could wish, point out any specific mode of treatment fit for general adoption.

With the exception of one or two, the diseases of which I have hitherto spoken are of such a nature, as to depend on too great a tone and on too great a degree of fulness of the vessels. I now shall treat of diseases occasioned, rather by an exhausted and debilitated state of the system.

Profuse DISCHARGES BY STOOL are oftentimes, not only not opposed sufficiently soon, but, from a mistaken notion, are sometimes promoted by means employed for the purpose. But so great a

degree of exhaustion is suddenly caused, sometimes, by this complaint, in very young, aged, or weak persons, that the utmost caution is, in such cases, required; and, indeed, so much experience is necessary to enable you to judge, in particular cases, whether this discharge should be checked or promoted, that I can only venture here to say, that, in general, it may be promoted, so far as may be done by freely drinking broths of various kinds, which, at the same time, by affording nourishment, support the patient's strength. But when the extreme parts become cold, and the countenance shrunk, unremitting diligence is necessary in the employment of the means already mentioned, with the addition of spiced cordials, mulled wine, &c. in small, but frequent doses, for the purpose of supporting the strength, and also of moderating the discharge.

The complaint just mentioned is sometimes accompanied by violent *vomitings*, and is then termed the CHOLERA MORBUS: here the cautions just given apply with additional force; and the added symptom demands our particular attention. Connecting the idea of some injurious matter remaining in the stomach, with that of vomiting, an emetic is, in these cases, too frequently given; by which the diseased action of the stomach is not only unnecessarily, but dangerously increased;

that motion by which the contents of the stomach should be pushed onwards, being exchanged for that by which its contents are thrown back; and this kind of action being extended to the bowels, the contents of those nearest to the stomach are also this way discharged. Great care is therefore necessary in the management of this complaint. If the purging ceases, and sickness directly comes on, a table-spoonful of tincture of sena, or Daffy's elixir, as it is called, may be successfully used. Sometimes medicines of an opiate kind will be demanded: but to determine as to the propriety of employing these, an attentive consideration of all the existing circumstances is required.

When discharges from the bowels, consisting chiefly of mucous or slimy matter, sometimes coloured with blood, are frequently passed, griping pains of the bowels, particularly about the navel, being also suffered, the disease may be concluded to be the BLOODY FLUX. The treatment of this disease differs so materially from that which the symptoms will seem to point out, that I find it necessary to apprise you, that it depends very much on accumulated pieces of excrement retained in the bowels; and that no astringent medicines, nor even opiates, will give lasting relief, until this matter is removed, by mild laxative medicines, such as manna, castor oil, &c. Should these means

fail, trust yourself not too far, lest, by allowing the disease to establish itself, you render its removal difficult, or even impossible.

Extreme pain of the bowels, with a sensation of tightness and contraction round the belly, without stools and not with much vomitings, distinguish COLIC. The bowels may be, in this case, fomented with flannels wrung out of hot water, and warm clysters, of a decoction of camomile and poppy-heads may be given. Farther directions I cannot presume to give, except that, as this disease may depend on widely different causes, and may be easily confounded with inflammation of the bowels, the best advice must be directly procured, and all heating means desisted from, lest inflammation be increased or excited.

If the above symptoms occur, and especially with vomitings, to those who have the smallest swelling from a RUPTURE AT THE GROIN, NAVEL, or indeed at any other part of the belly, their life is lost, unless this be reduced, that is, returned, or the stricture taken off at the part at which it passes out of the belly. This may be attempted by the patient himself, with properly applied pressure, the knees being separated and drawn up, and the head and upper part of the trunk being placed low. If he fail in his attempt, it should be considered that every moment's delay

increases the difficulty of effecting the cure; that his life absolutely depends on his procuring the aid of the really skilful; and that, if this be not speedily done, an operation will be necessary, which, although not so painful as apprehension imagines it, might as well be avoided. I should be happy to impress on your minds the important truth, that this dreadful evil is, at first, not only a very trifling one, and capable of being kept so, but even of being entirely removed, by the use of a proper *truss* on its first appearance. Indeed, since the complaint must of necessity be increased by exertion, without a truss, and this to an enormous size; he who discovers that he has the misfortune to be afflicted with a rupture, known at its commencement by a small swelling appearing in the groin, ought not, let his temporary inconveniences for want of his usual earnings be what they may, to employ himself in any kind of laborious exertion, until this useful instrument is obtained, and so applied as entirely to prevent the gut from passing out; for, if this is not accomplished by it, it will be of no benefit, but may occasion more mischief. It is true, it will be expensive; but it is also true, that, as it may save his life, he ought not, if he cannot obtain it from his own pocket, to disdain to intreat the assistance of his employer, or of his rich and benevolent neighbour.

I should be very happy if it were in my power to furnish you with instructions, by which you might be enabled to act with promptitude and success in all cases of sudden emergency; but this is not to be done. I will, however, endeavour to furnish you with such principles of conduct, as may, at least, prevent you from doing mischief in such cases, and as may even, sometimes, happily enable you to stay the departing life of a fellow-creature.

You may, perchance, witness the afflicting situation of one who, in a moment, has been deprived of all sense, laying insensible to all ordinary attempts to arouse him, and snoring as in a deep sleep; this you may conclude to be a case of APOPLEXY. This state is frequently succeeded, and even accompanied by, a deprivation of the powers of moving the limbs on one side, the limbs falling as though without life; this affection is termed PALSY. Now both these diseases may depend on two very different states of the system, which you must be apprised of; lest, whilst you endeavour to remove, you unfortunately employ those means which will immoveably fix the disease. When the unhappy subject of this malady is not far advanced in years, has indulged in indolence, and what is termed good living, and has his face evidently swelled and uncommonly florid, you may

conclude that the blood-vessels are full, even to bursting, and that life is only to be saved by immediate bleeding, and other evacuations. But when the countenance is shrunk and fallen, the patient stricken in years, and a martyr to hard labour, hard fare, and distress, the blood may be supposed to flag, rather from weakness of the powers which should urge it, than from its existing in too great quantity. Consequently here, evacuations will directly aggravate the disease; and relief is only to be obtained by means of warm cordials, and plentiful nourishment; beginning, however, with small doses of each. Should the patient have made any efforts to vomit, or the fit have seized him immediately after a plentiful meal, it will be proper to procure the emptying of his stomach, by the means of some emetic medicine, or by irritating the upper part of the gullet with the fine end of a feather. In every case of this kind, take care that the patient, whilst carrying to his chamber, and whilst in his bed, be placed nearly in a sitting posture, and that neither his neck-cloth, nor any other cause, hinders the circulation of the blood through the neck. Nor should, in those cases where fulness of blood exists, any irritating substances, such as snuff, smelling salts, &c. be applied to the nostrils, but with the greatest caution.

You may sometimes witness the melancholy condition of one who has suddenly fallen in an EPILEPTIC FIT, or a fit of the *Falling Sickness*, as it is sometimes termed. This you may know to be his malady, if he fell suddenly senseless, every part being agitated with severe convulsions, whilst his lips are covered with froth, which is constantly working out of his mouth. Here let your first service be that of placing him on a bed, or some soft substance, to prevent injury from the violence of his struggles, which should also be restrained, sufficiently to accomplish this intention. Should he have just taken a considerable quantity of fruit, or other vegetable matter, or have drank too freely of spirituous liquors, or have shown signs of sickness in the intervals of the convulsions, get an emetic into his stomach as soon as opportunity offers; and frequently, after the first casting from his stomach, the convulsions will cease and not return. But should the face become swelled, and assume a florid, or a crimson hue, bleeding will be necessary to be performed immediately.

Children are sometimes affected with fits resembling those just described, which, in general, precede some eruptive fever, or are produced by the distension of the stomach by indigestible food, or by the newly-formed teeth stretching and irritating the inflamed membrane which incloses them.

The dividing this membrane by the common operation of lancing the gums, as it is termed, is the only certain mode of procuring relief in the latter case. If the stomach be distended with improper food, relief will be obtained by giving a gentle emetic. In each of these cases, putting the child into a warm bath, will be likely to prove beneficial.

This affection may be produced by the irritation of WORMS in the bowels; the presence of which may be suspected when, although a considerable quantity of food is taken, the child is thin, pale and weak, and particularly if there be frequent pains of the bowels, and itching at the fundament. Now although the medicines in these cases might be easily procured, yet I am averse to prescribe any, lest, by employing them improperly, you may do mischief instead of good, especially as you have always time for application to professional skill. This caution arises, from the symptoms I have mentioned often proceeding from weakness from other causes, and being therefore, likely to mislead you.

The disease which I shall next speak of, is often, in its first stage, mistaken for the effect of worms. DROPSY OF THE BRAIN, or *Watery Head*, may be suspected when a child appears uncommonly heavy and dull, complains of pain in

the head, has its sleep disturbed with alarming dreams, reluctantly moves its head from the pillow, or attends to surrounding objects; and is affected with frequent sickness and slight fever. To distinguish this disease in that early stage to which the above symptoms belong, requires such skill as you cannot possess; therefore here you must not trifle, but, on the appearance of symptoms resembling those I have mentioned, consider there is no alternative, you must either apply directly to the most respectable professional man, or to some charitable institution. To pretend to recommend particular remedies in this case, would, you must see, be in me a presumption full of mischief.

This complaint is frequently occasioned by the falls on the head, which children are exposed to on first going alone. Guard their heads, therefore, at this time, with the old-fashioned head-dress for children, a quilted stuffed cap, or pudding. I am sorry to be obliged to add another cause of this malady, severe blows on the head, inflicted in the correction of children. Parents too often forget the weight of their hands, and the delicate structure of a child. You must excuse the digression—It was but yesterday I passed the cottage of one you all know to have always neglected his children; I heard the plaintive and sup-

pliant cries of a child, and rushed into the cottage; where I saw the father, whose countenance was dreadful, from the strong marks of passion and cruelty which it bore, beating most unmercifully his son, about ten years old. The poor child's countenance would, one would have supposed, obtained mercy from the most obdurate; it was shrunk up with dread and terror; the most earnest and humble supplications proceeded from his lips, whilst his eyes were fixed with horror on the impending instrument of his chastisement. I stopped the brute from proceeding in his violent outrage, asking what was the crime the boy had committed, and found he had not finished the task of work he had set him. Ah, John, I exclaimed, consider how you ever neglected your children; you have never troubled yourself to give them good advice, nor refrained from setting them bad examples. The crimes of the children of such a parent must be on his head: you merit correction, and not he, for you never showed him what it was to be industrious. Expect not duty from a child, if you have not done yours towards him. Duties are required of parents as well as of children; and although an undutiful child may be termed a monster, know, that the worst of monsters is an *undutiful parent.* The wretch growled at the interruption he had suffered; and, I need hardly say,

manifested no compunction or regret at his cruelty.

What I have told you, is not foreign to the purpose of our meeting; for, not only do I believe the disease I have spoken of may be brought on by undue correction, but I have seen most dangerous diseases occasioned by the terror thus excited in the mind of a child. Let reason and parental tenderness weigh with you; and, in justice to the little offending trembler, before you correct your child, correct your own anger; and, if you would wish to be respected as a father, inflict no more suffering on him, who has no one else to look to for protection, than is really necessary for his future welfare.

Violent affections of the mind, loss of blood, and various other causes, produce FAINTING, or a deprivation of sense, and almost a suspension of the circulation for a time. The principle of conduct just recommended in apoplexy, of avoiding the use of stimulating means, has been transferred to this case, and so far extended, that it has been recommended not to interfere with any active measures, but to wait until nature, of herself, again resumes her actions. This advice must be received with considerable caution; for although it may be very proper not to harass and exhaust the patient by numerous or violent irritations; yet, in very

weak persons, if the suspension of the actions, on which life depends, be permitted long, their restoration may not be effected, and death, from their total cessation, may ensue.

When the symptoms, by which fainting is known, appear, the means likely to produce a recovery should be directly employed. Pungent volatile substances, such as smoking rags, burnt feathers, hartshorn, or smelling salts, should be held to the nostrils; the body should be placed rather in a laying posture, fresh air should be freely admitted, and a very few drops of cold water be sprinkled on the face. By these means a recovery will, in general, soon be effected. So important is the admission of fresh and pure air in these cases, that it should not be allowed to stagnate round the patient, but should be kept in motion by the action of a fan.

The treatment just recommended is also proper in those cases where the appearance of death has been produced by exposure to NOXIOUS VAPOURS, especially to those of BURNING CHARCOAL.

When the external appearances of death have taken place in consequence of DROWNING, life has been restored by assiduous exertions. Fail not, therefore, of giving every possible aid, should the distressful opportunity offer. In this case, let the wet clothes be first entirely taken off, and the

body thoroughly dried by rubbing with cloths. This friction is then to be continued, for the purpose of exciting warmth, and particularly over the belly, chest, and limbs: and after a little time the warmth of the body should be still farther promoted by placing it in a moderately warm bath of water, sand, ashes, or any other matter, most readily obtained. The treatment of those cases where apparent death has succeeded HANGING, need not be particularised, as it will vary in no material circumstance from that of the former, except that, when the countenance is swelled and florid, a small quantity of blood should be taken away, and the head raised as in apoplexy. But in every case where attempts are made for the restoration of the actions of life, the exertions should be persevered in for an hour or two before you cease your efforts.

Where death appears to be likely to follow INTOXICATION from the drinking of spirits, endeavour, in the first place, to obtain a discharge of the poison from the stomach, by an emetic, or by irritating the back of the gullet, and by washing the stomach, by pouring down large portions of warm water. Nor should the object of your attention be now left; since after the first effects of the poison have passed off, such a state of extreme weakness may follow during sleep, as may, unless

great care be taken, end in death. If, therefore, after having been allowed to sleep a little time, the breathing becomes laborious, the pulse low, and the hands and feet cold, he should be aroused for a minute or two, and made to swallow a spoonful or two of warm broth, or beef tea, and occasionally about thirty drops of *sal volatile*, or twice as much of *lavender drops*, in a table-spoonful of water; whilst the circulation is kept up by rubbing the limbs with warm flannels. Another circumstance demanding attention is, the throwing up of the contents of his stomach during sleep, when, from the state of insensibility in which his feelings and powers are shrouded, although they may be forced into his mouth, he will not be enabled to expel them, and may thereby perish from suffocation. Besides these reasons against deserting a person in this state, there exists another: if left to himself, the head may fall into such a position, as, by bending the neck too much, may occasion death, by directly preventing the passage of air into the lungs. On this account, never content yourself with putting any one in a state of intoxication *alone* in a carriage, for the purpose of conveying him to his home; lest, when he arrives there, his family find him a breathless corpse; the motion of the carriage being very likely to throw the head into that position, from which

the mischief just pointed out, may be likely to proceed.

The treatment of THOSE WHO HAVE SWALLOWED LAUDANUM OR OPIUM, with the intention of destroying themselves, is founded exactly on the same principles as that which I have just laid laid down for those who have taken profusely of spirits, &c.

When ARSENIC, SUBLIMATE, AQUA FORTIS, or any substance known to be of an *acid* nature, is taken, by any one, ignorant of the dreadful torments they occasion, for the horrid purpose of destruction, your endeavours must be aimed at correcting its nature, and washing it away. The first intention will be accomplished by getting down any of the following substances; ley of wood ashes, mixed with water to that degree, as, upon tasting, will appear may be swallowed without injury; chalk, magnesia, or, particularly where *arsenic* or *sublimate* has been taken, a solution of what is termed liver of sulphur, which may be had from the chemists. The second intention may be fulfilled, by copiously drinking of warm milk, or, until this can be obtained, of warm water.

Should SOAP LEES, OR SPIRITS OF HARTSHORN, be taken by mistake, or for the dreadful purpose already noticed, their destructive qualities may be corrected by drinking water, to which

vinegar is added, in a proportion allowing it to be drank, washing the stomach with warm water or milk.

I will now endeavour to inform you of the measures which will be proper for you to adopt in some of the more *common accidents* to which you are liable, so that a life may not be lost from the hurry and confusion which arise in the moment of misfortune, when the mind is not prepared with any principles on which to act.

In WOUNDS made by cutting instruments, first restrain the bleeding, then bring the parts as nearly as possible into their natural situation, and retain them there by slips of sticking plaister and bandages. If you employ such applications as Turlington's balsam, let them not run within the wound, but apply it on the outside, on a piece of lint, merely to form a varnished covering to defend it from the air. Be not deceived by the pretended extraordinary virtues of many family salves; a mixture of bees-wax and sweet oil, melted together, will form as useful a composition as any, for the accidents which generally occur in a family.

When PROFUSE BLEEDING is produced by an accident of this kind, consider, that a life may be saved by the firmness and calmness you may be able to command, and the soundness of the principles on which you act. In the first place impress

on your mind, that this flow of blood does not proceed from the whole of the cut surface, but perhaps from one or two points only. The part should therefore be washed, and, if these points can be discovered, a little dossil of lint may be applied to, and confined on them, by the pressure of the finger, until, upon trial, it appears that the bleeding is stopped. But if it cannot be thus stopped, and the blood jumps out by pulses, it becomes necessary to prevent the blood from passing into the part, until the opened vessel is safely closed. This, in the upper limb, will be done by a round pincushion, or any thing of that form, and degree of hardness, being applied to the middle part of the inner side of the upper arm, over which may be tied a piece of strong tape, leaving room to introduce a piece of stick, with which the tape may be tightened by twisting, until the bleeding stops, a piece of stiff leather or folded cloth being placed underneath, to prevent the skin from being injured by twisting the ligature. In the same manner should the tourniquet, as this apparatus may be called, be applied to the hollow part, on the inside, and about the middle part of the thigh; by which the bleeding from any part of the limb below this may be checked, until proper assistance can be obtained.

Burns and scalds, followed with such pain

and disagreeable circumstances when treated with oily applications, may be rendered, even when extensive, of very little consequence, by immediately drenching the part with almost any cold fluid, such as water, beer, vinegar, spirits, &c. continuing their application with fresh cold liquor, until the part no longer suffers pain on omitting it. A strong brine seems particularly useful on these occasions; but an application which should be kept ready in every family for this purpose, since it appears to be more efficacious than any other, is made by laying sliced potatoes and salt, layer upon layer, and bottling the liquid which runs off.

Now let us suppose you have found a person laying on the ground, speechless, rendered so by violence. In such a case, do not hastily endeavour to raise him from the ground, but first search whether any of the limbs are broken, lest in raising him the injury be increased, the ends of the broken bone being forced through the flesh and skin. If the thigh or leg be broken, attempt not to raise him until you have provided some mode of conveying him to his bed, remembering that being laid on two or three boards nailed together, a door, or a shutter, and thus conveyed by two or four men, he will suffer much less injury than if conveyed on any kind of carriage. If the arm be broken in the upper part, let it be supported in a

sling at the wrist, allowing the elbow to droop; if in the lower part, let the arm be supported in a sling, with the palm of the hand turned to the body. If the person continues senseless, the head has probably received some serious injury, demanding great care in his removal, and the immediate attention of some experienced surgeon.

If, after a blow, by a fall, or otherwise, on the side, considerable pain is felt, and the breathing rendered difficult, you may be assured almost, that it is a case of FRACTURED RIB, requiring, on your part, immediate application to a surgeon, and strict attention to his orders; and, on his part, the utmost skill and care. Free bleeding and absolute rest will be demanded in this case, which very frequently terminates fatally, from want of being treated, from the first, with that decided firmness it demands. Nothing is more frequent than to see persons, after an accident of this kind, exposed to the air, and even endeavouring to follow their usual occupations: whereas the most strict confinement to the house or bed ought, in these cases, to be adhered to.

Frequently will a most severe pain in the extremity of the finger take place from WHITLOW, after some very slight wound in that part to which it can hardly be attributed; when the pain increases much, and seems deeply seated, the loss

of the joint, or of the finger, may be the consequence of not obtaining early assistance.

The best means, I believe, of checking the progress of this very painful complaint, is to apply two or three leeches to the end of the finger, and afterwards to hold the finger in spirits or vinegar, made as hot as can be borne. If this fail, poultices must be applied until a surgeon can be obtained.

The dreadful consequences of THE BITE OF A MAD ANIMAL induce me to urge your attention to the following. Carefully avoid the dog, or any other animal, which manifests disease by peevishness, a low'ring sullen look, watery eye, and dribbling from the mouth; although it should continue to eat and drink as in health. But in none of these cases destroy the animal, on the appearance of these symptoms, but confine it securely; so that, should you afterwards hear of any one's having been injured by it, the real nature of its disease may be ascertained.

Should unhappily any one be bitten, when all circumstances concur in proving the animal to have been mad, which inflicted the wound, procure the removal of the bitten part as soon as possible. With respect to the mode of performing it, the extent of the operation, &c. professional skill can only determine.

That most dreaded malady, the CANCER OF THE BREAST, always begins with an exceedingly small kernel, which, in that state, may be removed with a degree of pain infinitely less than is apprehended. Immediately therefore on the appearance of such a kernel in the breast, let its nature be ascertained, by one whose opportunities of information are such, as will render you confident in his opinion, and by that be guided; considering, that it is highly preferable to undergo a few moments pain, and obtain relief to your mind, than to suffer the gradual increase of a disease, which must become daily more painful, and at last must terminate in death.

Be assured, that for this disease there is no remedy known. Medicines, which have been reported to have been used with success by quacks and others, have had the fairest trial by surgeons of the first abilities, but have been found unsuccessful. Notwithstanding this, cruel, daring, and, I may, with the strictest propriety, say, *murderous* quacks, are hourly pretending to cure this disease. I speak of them in language thus strong, because the mischief they occasion is not merely by employing improper means, but by deluding their unhappy patients into so firm a reliance on their nostrums, that they are induced to put aside all ideas of the removal of the diseased part, and to

allow it, whilst deceived into a daily expectation of its cure, to degenerate into that dreadful state, which art possesses no power to alter, and in which even its removal becomes unsafe to attempt.

I have, it is true, placed a dreadful host of diseases before your eyes; but, wishing not to alarm but merely to warn you, I believe that I have used no false colouring. I have, I declare, consulted your welfare, although I may have injured the pecuniary interests of my profession. Indeed, I am far from advising you to be always running to the apothecary's shop; but when you are seized by a malady which threatens either the immediate loss of your life, or the wasting it by a gradual and painful decay, I urge you to lose not a moment, but to apply directly to the man of judgment and experience. Avoid, for your life's sake, the ignorant quack, who deals out advertised nostrums. I am fully aware that, on this subject, you will attend to what I say, with no small degree of suspicion; but I trust that, before I conclude, you will acquit me of any improper motives, and see the folly of relying on such means.

I will not here insist on the fact, that most nostrums owe their celebrity to the arts and tricks of their proprietors; and that their virtues are more than equalled by the medicines commonly

employed in similar cases; but will observe to you, that mercury and bark, two medicines which approach the nearest to what is in general meant by a specific, would often fail in their curative effects, were they not aided, and indeed even corrected, by other medicines, according to the circumstances occurring in different cases. How narrowed then must be the scope of yielding benefit, of those nostrums which are employed in the same form, and the same mode, in all the different stages of a disease, in every constitution, in all the varying habits of body, occurring, in the same person, at different times; and in all those cases where the intermixture of other diseases may render the greatest caution necessary in the use of any powerful remedy.

I must also intreat you to attend to the difference of the principle which actuates the proprietor of nostrums and the fair professors of the healing art. The former, and we will take for granted that his nostrum is in itself valuable, acts on this principle, that the public good, which might be augmented by the divulging of his secret, shall yield to his individual emolument: the latter, considering it to be their bounden duty to lessen the sufferings of their fellow-creatures to the utmost of their abilities, seek every opportunity of making

as public as possible, every discovery in the healing art; being guided by this principle, that the consideration of individual emolument should never prevent the universal knowledge of any means of lessening the agonies of suffering humanity. On this principle are the numerous medical societies and periodical publications established, these having for their grand object the immediate and extensive propagation of every important discovery in the healing art.

Shun then

> The potent quack long vers'd in human ills,
> Who tortures first the victim whom he kills;
> Whose *murd'rous* hand a drowsy bench protects,
> And whose most tender mercy's to neglect.
>
> CRABBE.

Not less necessary is it to shun the *ignorant empiric* who assumes the character of the regular practitioner, and dares to sport with the lives of his fellow-creatures, by dispensing medicines in the most critical cases, without the knowledge of the first principles of science.

But how, you say, shall you make the distinction between him who really possesses the requisite knowledge, and him who assumes the appearance of wisdom. I acknowledge, I am here at a loss to answer you. But I am satisfied that an atten-

tion to the following advice, will often yield you an useful direction for your choice. Avoid the man of coarse, bold, and assuming manners:

"All pride and business, bustle and conceit."

Not only in such will you be least likely to find sympathising tenderness; but, from his vulgarity, you may conclude, he has not had that education which is necessary for the foundation of true medical knowledge. In a word, seek one who is not merely termed a *regular*, but one who has been, in fact, regularly taught the healing art; whose manners promise tenderness, and whose habits ensure you his care and attention.

But I think I hear some of you say, that, through the hardness of the times, you cannot afford to make application to a professional character of repute. Then, rather than submit to be tortured by ignorance, make immediate application, in spite of the silly suggestions of a false delicacy, to one of the numerous hospitals, which the provident benevolence of individuals has prepared for the mitigation of the sufferings of their fellow-creatures. Here you will obtain those comforts, and that attendance, which your own family, however great and affectionate their zeal, may not be able to yield you; and here the same judgment may be exercised to procure you relief,

as is employed for the first peer of the realm. But should none of these most excellent institutions be within your reach, do not suffer delay to deprive your family of a life which is theirs, but make your case known, without reserve, to your rich neighbour, and fear not a repulse—benevolence is the characteristic of Britons.

One word more respecting your children, and I have done. Consider it as your first duty to see that your child is not robbed of that food which nature has provided for it in the breast of its mother. Should the mother be tempted, for a sordid bribe, to transfer to another her child's inestimable right, let her consider, that when she sells the food of her child, she perhaps also sells its life.

Your next duty is the promotion of your child's happiness. As health is necessary to happiness, your watchfulness over him in this respect is indispensable; since by delay, neglect, or ill-placed confidence, disease may be so fixed in him, as to render him miserable all the rest of his days, and even to rob you of him at once. Not less necessary to his happiness is the regulation of even his infant passions, and the teaching him to distinguish accurately between right and wrong.

Consider the sacred trust which thus devolves to you, and carefully fulfil this delightful duty.

Permit not an unbounded indulgence, lest your child acquire such a disposition, as may be a fruitful source of wretchedness to him and you, and render him odious to all around him. But, on the other hand, exercise the important privilege of correction with mercy. Contemplate the countenance of the poor child who suffers frequent and severe chastisement; observe every feature contracted by habitual terror. The most innocent action is performed with alarm and dread. He hardly recovers the shock the system has sustained by one series of sufferings, before a fresh series begins. When this is the case, rely upon it the life of that child is iniquitously shortened, and the parent is guilty of murdering his child by almost incessant torments.

FINIS.

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